

# 7 Wellness Habits

for more energy, vitality and happiness

1

## Breathing and Respiratory Health

- Practice deep breathing daily
- Reduce toxins in the home (cooking, cleaning products)
- Plants and salt lamps in your home to purify the air
- Maintain lung health through exercise and salt therapy

2

## Hydration and Water Quality

- Drink clean pure filtered water, preferably alkaline
- Stay hydrated (approx 2-3 ltrs per day)
- Increase herbal teas vs coffee and alcohol
- Maintain electrolyte levels with quality products

3

## Movement and Mobility

- Move regulary (don't sit for long periods) and stretch
- Take the stairs or long route alternative where possible
- Exercise daily (try 7min workout App) where possible
- Maintain good posture and movement techniques

4

## Nutrition and Diet

- Eat real food, organic where you can
- Repair or maintain your gut health to absorb nutrients
- Use quality supplements and seek professional advice
- Intermittent fasting and well managed detox programs

5

## Mindfulness and Purpose

- Practice stillness and being truly present on each task
- Set a daily intention in line with your purpose
- Practice gratitude and self love
- Practice meditation regularly - attend classes or use App

6

## Rest and Relaxation

- Get 7-8 hours of quality sleep to repair body and mind
- Rest after each proper meal to help digestion and stress
- Take time out for deep relaxation to reduce stress
- Practice your deep breathing throughout the day

7

## Social Connection

- Be truly present with people and actively listen
- Spend time with family and friends, give them a hug
- Work on your relationships to build trust
- Regularly praise and perform random acts of kindness



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